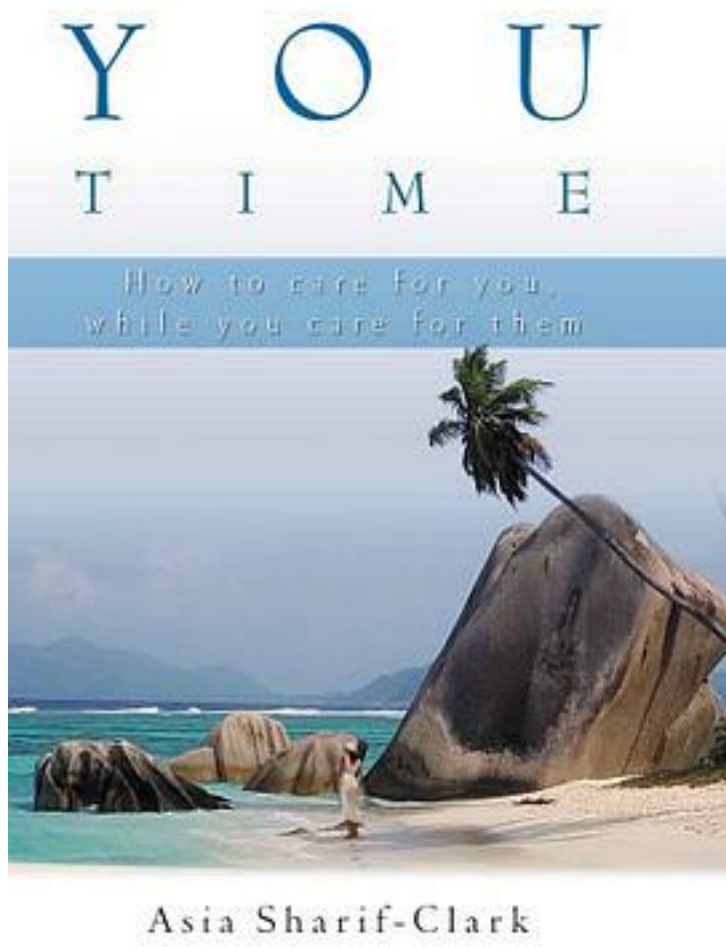


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In "You Time," Asia Sharif-Clark shows you how to care for you, while managing family and professional responsibilities. She offers fourteen practical ways to improve your life and your relationship with you. From Protect your Space, to Hire a Cheerleader, to Find Your Paradise, you'll learn how to seek support, claim your life, and live your dream.

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